



Welcome back for the fall semester!

Women's Self-Defense Class

When: Mondays at 7:00 PM

Please see Grandmaster Smith for Details.

Childcare services will be available. Spread the word! Please tell your friends and church, groups, etc. All are welcome!

Important Dates:

- October 31st (Halloween): CLOSED
- November 20th, 5:30 PM: Belt Testing
- November 22nd – 25th (Thanksgiving): CLOSED
- December 15th – January 2nd (Christmas & New Year): CLOSED

Instructor's Meeting

- October 27th, at 1:00pm, Countryside Academy
- After Training: Lunch and study at 3pm
Lunch provided by Grandmaster
- Instructors and trainees may wear taekwondo shoes on floor. See Grandmaster Smith to receive your shoes.
- Please bring paper and pencil/taekwondo training books.
- All instructors required to attend the M.L.K. Testing on Saturday, December 8th to help with judging and demonstration. You are also expected to interact with at risk students during entire event.
- See Grandmaster Smith for details.

Promotion (Belt) Testing:

Tuesday, November 20th

- Ages 4-11: 5:30 PM
- Ages 12+: 7:00 PM

Please arrive at least 15 minutes prior to the scheduled time in order to stretch and prepare yourself.

There will be NO regular classes held on testing day!

Belt Ceremony for November Testing

Thursday, November 29th at 6:00 PM

NOTE: Students must have report cards turned in on or before the day of the belt ceremony.

**NO EXCEPTIONS
NO REPORT CARD, NO NEW RANK**

*Request to Promote forms must be completed and signed by teachers.

NO EXCEPTIONS

*Parents are responsible for asking teachers to complete and sign the "Intent to Promote" form.

Our Next Tournament!

Saturday, February 16th, 2019

(Optional Make-Up Tournament: Thursday, February 21st at 6:00 PM)

*Five foot trophy will be awarded for 1st place in several divisions.

M.L.K. School Gym

750 E. Britain Ave, Benton Harbor

Registration: 10am to 12pm

Tournament Start: 12pm

****Our annual tournaments are mandatory for ALL students!! ****

Tournament Costs:

- Tournaments are FREE to all students who participate in selling advertisements for our Program Book.
- If a student does not wish to sell ads to local business, you may choose to pay regular entry fees as follows:
 - Events: A) Belt Level Forms, B) Board Breaking, and C) Sparring
 - One or Two Events - \$55 All 3 Events - \$65



Sparring Equipment

ALL students (yellow belt and above) must own sparring equipment. Students that can afford to purchase equipment, we ASK that you purchase from us.

We slightly mark-up the costs to help buy additional equipment for students that cannot afford it.

Quality of our equipment is higher than equipment found online at a cheaper cost.

Students on scholarships, please see Grandmaster Smith to receive help in purchasing equipment.